

10.2.2021

## KEEPING FIT AND CLEAN

### Keywords

1. stale
2. chew
3. meals
4. breakfast
5. lunch
6. dinner
7. posture
8. hanky
9. exercise
10. brushing
11. teeth
12. regularly

### I. Answer the following

#### **1. Why should we wash our hands before each meal?**

Ans. We should wash our hands before each meal to avoid germs getting into our body and making us sick.

#### **2. Name any two outdoor games that keep our body fit?**

Ans. Swimming, Yoga

### II. Think and write (Real life application)

#### **1. Why do you think it is important to wear a mask and use hand sanitisers these days?**

**Ans.**